

Oven Glove Drill

Once your little players have learned the scoop drill, it is time to learn how to field a ground ball using two hands. This drill will help them in doing that.

--What you need: An oven glove or mitt like the one pictured below.



--How it works: Have your player place the mitt on their glove hand. Roll them some ground balls. The mitt is bulky enough that they cannot grip the ball and does not have a pocket so they can scoop the ball without using the throwing hand to cover it up. The only way for them to field the ball is by using both hands.

--Results: What you want to show the kids is how to properly field a ground ball using two hands. Using an oven mitt for this age group has the same benefits as using a "paddle or pancake" glove for the older more advanced players.

--Advanced drills: For Coach Pitch level players, you may use this mitt for fly ball drills. Use a wiffle ball for this and not a baseball. Teach them how to get under the fly ball and use two hands in catching it. Once they grasp the concept of getting under it and using two hands, then use the wiffle ball and their glove. Once they do well here and have passed the fear of getting hit, start using baseballs. With all three stages, start with low flys before moving to the higher fly balls.

